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All signs point to yes

As Edmonton moves forward with new arena, Oilers owner hopes to host 2016-17 all-star game there **PAGE 3**

HOLD THE SWEETENER, SUGAR

ARE YOU BETTER OFF WITH REAL SUGAR? THE ALTERNATIVES HAVE THEIR DRAWBACKS **PAGE 19**



Free Child's Admission to the Edmonton Valley Zoo



At Participating Boston Pizza's



JOHN STILLWELL/POOL/THE ASSOCIATED PRESS

Royals. Party atmosphere hits London with the eagerly awaited birth of a new prince

Champagne bottles popped and shouts of "Hip! Hip! Hooray!" erupted at Buckingham Palace on Monday as Britain welcomed the birth of William and Kate's first child, a boy who is now third in line to the British throne.

Hundreds of Britons and tourists broke into song and dance outside the palace as officials announced

that the future king was born at 4:24 p.m., weighing eight pounds, six ounces, at central London's St. Mary's Hospital — the same place where William and his brother Harry were born three decades ago.

The imminent arrival of the royal baby was the subject of endless speculation on social media and was covered for days on live television around the world, but in the end the Royal Family managed to keep it a remarkably private affair.

In line with royal tradition, a terse statement announced only the time of birth, the infant's

BREAKING NEWS

→ Go online for the latest updates on the royal baby boy.

→ **metronews.ca**



gender and that mother and child were doing well. It gave no information about the baby's name,

and officials would say only that a name would be announced "in due course."

"Her Royal Highness and her child are both doing well and will remain in hospital overnight," it said. William also issued a brief statement, saying, "We could not be happier."

Officials said William, who was by his wife's side during the birth, would also spend the night in the hospital.

London's landmarks, including the London Eye, lit up in the national colours of red, white

and blue, and the city had a party atmosphere unmatched since last summer's Olympics.

A large crowd rushed against the Buckingham Palace fences to catch a glimpse of an ornate, gilded easel displaying a small bulletin formally announcing the news.

The framed sheet of paper became the target of a thousand camera flashes as people thrust their smartphones through the railings. Some waved Union Jack flags and partied on the streets to celebrate.

**THE ASSOCIATED PRESS
MORE COVERAGE, PAGE 8**

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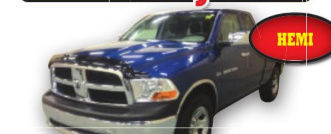
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Workers axed

Budget cuts take a toll on school infrastructure

A major reduction in the number of maintenance staff who service the city's public schools could impact student safety, says the president of the union representing maintenance staff.

While 15 maintenance workers have already been axed, Jeff McIntyre, president of Local 784, said it is expected nearly 40 more positions will be cut this fall.

In June, trustees unanimously passed the 2013-14 budget, which significantly reduced Plant Operations and Maintenance funding and reduced full-time maintenance staff by 45 per cent.

McIntyre said the cuts impact electricians, plumbers, welders and millwrights who service everything from basketball nets to boilers within the school.

"We know that there are over 200 sites out there that we currently maintain and with 25 per cent less staff, it's going to take longer to get to these schools."

McIntyre said the cuts could impact safety because buildings will not be inspected as often.

EPSB chair Sarah Hoffman said while the cuts will make for a "really tough situation," safety will have to remain a top priority.

Retiring Superintendent Edgar Schmidt told Metro in a year-end interview earlier this month that the cuts will impact the district's buildings.

ANNALISE KLINGBEIL/METRO



Workers install signs for the new Edmonton arena project on the corner of 104th Avenue and 104th Street. RYAN TUMILTY/METRO

Signs show city arena project moving forward

All-Star game. Oilers hope to host big event in new building's first season



RYAN TUMILTY
ryan.tumilty@metronews.ca

As new signs literally appeared showing the downtown arena moving forward, Oilers president Patrick LaForge said the team wants to see the new facility host one of hockey's biggest nights.

LaForge said the Oilers in-

tend to make a strong bid to host the NHL All-Star game in the 2016-17 season, when the new building is expected to open.

"The league has a history of having big events going to new buildings and lately it has been the draft and the All-Star Game as combinations and we will be in line for both," he said.

The Oilers and the city unveiled new project signs at the arena site on Monday. LaForge said he is excited to see even small steps the project is moving forward.

"The Oilers are coming downtown, along with about

2.5 million fans and customers, who are going to enjoy the arena district downtown," he said.

Mayor Stephen Mandel said even though the signs are just a small step they will show Edmontonians what the project will look like and what they can expect.

He said it's an exciting time for downtown Edmonton.

"This project, coupled with many others that are going to happen over the next number of years, are going to forever change the centre of this city," he said.

Matt Hall, owner of the Roast Coffee house, opposite

Arena deal

The arena project comes with a \$605 million price tag and is expected to open in the fall of 2016 in time for the Oilers season.

the new arena, said he's really excited to see progress.

"It's harkening to the future of what downtown Edmonton is going to be."

He said his business isn't dependent on the new project, but it certainly helps.

"It makes it a little bit easier to do business downtown."

1 NEWS

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Despite 'moment of personal crisis,' Allen says he won't resign seat — yet

Political future up in the air. MLA for Fort McMurray-Wood Buffalo delivers first apology in front of the news cameras

Online poll

Fort McMurray radio station CKYX conducted an informal online poll on the hot-button topic. About 44 per cent of voters said Allen should resign.

An Alberta politician charged in Minnesota with paying for prostitutes wants more time to decide whether he should keep his seat in the legislature or resign.

Mike Allen, elected in 2012 for the governing Progressive Conservatives, was arrested last week in a prostitution sting while on a government trip in St. Paul.

Allen, 51, issued his third public apology on Monday, but for the first time delivered it in front of news cameras.

He told reporters gathered inside his constituency office in Fort McMurray that he is embarrassed, sorry and hopes for forgiveness.

He said he wants to talk

with voters and see if he can rebuild their trust before making a decision on his political future. He plans to make up his mind before the fall sitting of the legislature.

"I will not short-circuit that conversation by stepping aside immediately, as less difficult a route as that might be for me personally," he said.

"Fort McMurray is my home. I love this community and I won't decline to face it in a moment of personal crisis."

Allen is now sitting as the member for Fort McMurray-Wood Buffalo as an Independent.

He stepped down from the Tory caucus last Tuesday,

the morning after his arrest. He also quickly paid back the \$2,000 expense tab for the trip.

He was formally charged Friday with a gross misdemeanor of solicitation of prostitution in a public place. The charge carries a maximum one-year sentence and a \$3,000 fine.

The Opposition Wildrose has called on Allen to resign. The party paid for its own poll, by Abingdon Research, which asked people living in his constituency whether he should stay or step aside. Of the 219 people who responded, 69 per cent said he needs to go.

The party said the poll has a margin of error of 6.6 per cent, 19 times out of 20.

"The people of Fort McMurray-Wood Buffalo need a full-time MLA standing up for their interests each and every day, not an MLA facing down scandals and deciding whether or not he should resign," said Wildrose Leader Danielle Smith.

THE CANADIAN PRESS



Mike Allen, MLA for Fort McMurray-Wood Buffalo, says he wants to talk with voters and see if he can rebuild their trust after being charged in Minnesota for paying for prostitutes. THE CANADIAN PRESS

Police investigate suspicious death of woman in trailer



Forensics officers are seen on Monday afternoon going in and out of the trailer where a woman's body was found Sunday evening. ANNALISE KLINGBEIL/METRO

Homicide detectives are investigating the suspicious death of a 26-year-old woman, who neighbours say moved into a southeast mobile-home park with her partner in April.

When police responded to a trouble-not-known call around 7 p.m. on Sunday, they found the woman dead inside a trailer home in the Oakridge Mobile Home Park.

As investigators clad in

In numbers

14

If the suspicious death is declared a homicide, it would be the city's 14th homicide of 2013.

white jumpsuits entered and exited the home on Monday afternoon, neighbours said a

young couple, believed to be childless, lived in the trailer where the crime occurred.

The couple were quiet and kept to themselves, said neighbour Cheryl Morris.

"I'm very dumbfounded. I'm shocked that it even happened here," Morris said, adding that police came to her door while canvassing the neighbourhood around 7:30 p.m. Sunday.

Neighbour Garret Anderson said that while he saw eight or nine police cars surround the house on Sunday evening, he did not hear anything out of the ordinary before the cops showed up.

"Somebody made a choice, obviously out of emotion," said Anderson, who has lived in the mobile-home park for nearly a decade.

ANNALISE KLINGBEIL/METRO

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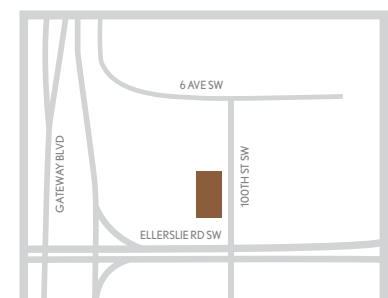
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Protesters call for GuZoo closure

Ongoing controversy.
Critics contend facility hasn't cleaned up



RYAN TUMILTY
ryan.tumilty@metronews.ca

Frustrated by what they view as government inaction, opponents of the controversial GuZoo took their case to the legisla-

ture on Monday.

About three dozen people showed up to call for the closure of the zoo in Three Hills, which came under renewed scrutiny this month when troubling photos of the conditions there were released first to Metro.

Bonnie Farion, a spokesperson for the Council of Concerned Albertans for Animal Welfare and Public Safety, who released the photos to Metro

and organized the protest, said the government never should have allowed the zoo to reopen after it closed in 2011. She said the latest photos make it clear the owner has no intention of keeping it up to standards. "They may have put lipstick on a pig but it hasn't prettied it up, it hasn't made it better."

Two protesters did show up in support of the zoo. Elaine Cottrell said she hopes the government rejects the protesters'

call for closure. "I have four children and we have gone out there every single year," she said. "Where else do you get to pet a little baby cougar?"

Jessica Potter, spokesperson for Alberta Sustainable Resource Development, said her department, as well as Agriculture and Rural Development, continue to investigate the most recent photos and video footage. **WITH FILES FROM KATIE TURNER/METRO IN CALGARY**



Protesters march at the legislature on Monday calling for the controversial GuZoo to be shut down. RYAN TUMILTY/METRO



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Monday Morning Magic. K-Days opens early for special-needs kids

Monday morning was indeed magical for the Myles family.

Trevor and Christine Myles spent a few hours at K-Days with their eight-year-old son, Liam, and six-year-old daughter, Tyler.

"It's not often we get to come out and do things like this as a family," Christine said.

For the 36th year, Monday Morning Magic took place on the exhibition grounds, offering a chance for children with disabilities to experience the fun of the fair in a safe and controlled environment.

Nearly 500 kids were invited, and 1,600 people in total — including the children's families, and local celebrities and sports

heroes — enjoyed the event, Northlands spokesperson Lauren Andrews said.

Trevor and Christine Myles heard about it through the respite centre where Tyler stays. The young girl has a rare disability — an unbalanced translocation of chromosomes 11 and 12, Christine said — which means she has some medical problems and slow mental development.

Monday's event included time on the midway, a live show and lunch. "I think it's amazing," Christine said. "It's a nice environment because everyone has special-needs kids, so you don't have to worry about anything."

HEATHER MCINTYRE/METRO



Carter Stokes, 4, has fun with Edmonton Eskimos Cheer Team member Kenda during the annual Monday Morning Magic at K-Days. HEATHER MCINTYRE/METRO

Assault

Third accused of attempted murder

Edmonton police charged a third man in an alleged aggravated assault on Saturday. On Monday, police said Jesse Bergey, 21, was charged with attempted murder. On Sunday, two other men were charged in the violent assault, which left a 46-year-old man clinging to life. The incident happened near 95 Street and 110 Avenue.

METRO

Dogs and cats removed

Charges laid against animal-centre owners

Two face charges after 46 dogs and seven cats were removed from an Edmonton business. A police and animal-control probe led to the arrests on Friday at B.a.r.k., an animal-care business. Ali Sanaee, 36, and Jessica M. Fookes, 25, face several charges including failure to provide proper care of an animal. METRO



Current Edmonton School Trustee Dave Colburn said he will not be taking donations from property developers during the election campaign. METRO FILE

Candidate shuns development dough

Ward 7. Candidate Dave Colburn wary of industry's clout



RYAN TUMILTY
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One Edmonton council candidate has decided to shun donations from the development industry, worried the sector has too much influence in local politics.

Ward 7 candidate Dave Colburn says he has been disturbed to find out just how much property developers contribute to municipal election campaigns.

"It raised many questions for me," he said.

He said looking at the situation, he saw only one solution.

Quoted

"The cleanest response on my part was to simply say that I will not take campaign contributions from development companies." Ward 7 candidate Dave Colburn

"The cleanest response on my part was to simply say that I will not take campaign contributions from development companies."

Not all of Colburn's fellow candidates see the issue the same way. Dan St. Pierre, who is running in Ward 5, said he doesn't believe in excluding entire sectors.

"It's certainly something that's worth consideration, but I don't want to vilify legitimate businesses," he said.

St. Pierre has pledged to release a list of donors prior to

election day, which he believes is a transparent approach to donations.

"Why not let people see that before they pull the pin?" said St. Pierre.

Rick Preston, executive director of the Edmonton branch of the Urban Development Institute, said if a candidate wants to shun donations from developers, that's their prerogative.

"We live in a democracy where people have a right to make their own decisions," he said.

Heritage Festival

Food bank needs volunteers

Edmonton's Food bank is looking for volunteers to help at the upcoming Servus Heritage Festival.

"More than 420 volunteer shifts in all are needed," said Marjorie Bencz, executive director of Edmonton's Food Bank. "Volunteers enjoy an opportunity to support the Food Bank and then sample the food of the world at the Festival."

The food bank needs help on Aug. 4 and Aug. 5.

METRO

LRT. Tangled wire caused northbound shutdown

An electrical issue led to delays in the LRT system during Monday's afternoon commute.

Quinn Nicholson, a spokesperson for Edmonton Transit, said a wire got tangled in a section of the tunnel, disabling the train near Grandin Station.

The train pulled on the wire, initially shutting down the northbound track in most of downtown.

While the system was initially closed across downtown, transit workers were

able to limit the damage and only had to run the system as a single track through Grandin station.

ETS offered shuttle buses to get around the disruption, but they were anticipating the system would be back to normal by late Monday evening. METRO

Online

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Canadians welcome the boy who would be king

Royal birth. Prime minister, Governor General congratulate Will & Kate as admirers await new arrival's name

Canadians greeted their likely future king with a flurry of congratulations on Monday, but the long-awaited announcement of the prince's birth didn't seem to spark the same frenzy that surrounded his parents' wedding.

The country's political leaders were quick to send good wishes, with many issuing statements shortly after Clarence House officially announced that the Duchess of Cambridge had delivered a son.

Prime Minister Stephen Harper hailed the arrival of "a

future sovereign of Canada," calling it a "highly anticipated moment for Canadians given the special and warm relationship that we share with our Royal Family."

Gov. Gen. David Johnston also congratulated Prince William and his wife Kate, saying that as a father of five, he knows well "the elation that a new arrival brings to a young family."

Even those opposed to the monarchy welcomed the prince's arrival.

Tom Freda, director of the organization Citizens for a Canadian Republic, said any news involving the Royal Family renews the debate over the relevance of a monarchist system, "and debate is good."

Several national landmarks — including the CN Tower, Niagara Falls and Parliament's centre block —



Royal fans wait outside St Mary's Hospital on Monday in London. When the baby's birth was announced, they were seen on their feet, cheering and dancing. The child is third in line to the British throne. PETER MACDIARMID/GETTY IMAGES

were set to shine blue Monday night in honour of the newborn prince.

Anticipation surround-

ing the royal baby had been building in recent days, but even royal-watchers recognized it hasn't rivalled the

near-obsessive excitement that ushered in the royal wedding two years ago.

THE CANADIAN PRESS

Watch the throne

Interesting facts relating to Monday's birth of a boy to Prince William and his wife, Catherine:

- Number of weeks Prince William receives for paternity leave: 2
- Number of names the baby is likely to have: 4 (Princes Charles, William and Harry all have 3 middle names)
- Number of generations of direct descendants to the throne currently living: 4
- Time of prince's birth: 4:24 p.m., U.K. time
- Prince's birth weight: 8 pounds, 6 ounces
- Number of direct descendants of the Queen: 15 (4 children, 8 grandchildren, 3 great-grandchildren including the new baby)
- Number of years since the last direct heir was born: 31 (Prince William was born on June 21, 1982)

Bittersweet

Woman claiming she was raped in Dubai pardoned

With her passport back in hand, a Norwegian woman at the centre of a Dubai rape-claim dispute said Monday that officials dropped her 16-month sentence for having

sex outside marriage in the latest clash between the city's Islamic-based legal codes and its international branding as a Western-friendly haven.

Dubai authorities hope the pardon of the 24-year-old woman will allow them to sidestep another potentially embarrassing blow to the city's heavily promoted image as a forward-looking model of luxury, excess and cross-

cultural understanding.

"I am very, very happy," Marte Deborah Dalelv told The Associated Press after she was cleared by the order of Dubai's ruler. "I am overjoyed."

The case points to wider issues embedded in the rise of Gulf centres such as Dubai and Doha, host of the 2022 World Cup.

THE ASSOCIATED PRESS

Japan

Passenger freed from train gap

Dozens of Japanese train passengers pushed a 32-ton train carriage away from the platform to free a woman who had fallen into the 20-centimetre gap between the train and platform during the busy morning rush hour Monday,

just north of Tokyo.

A public announcement that a passenger was trapped prompted about 40 people to join train officials to push the carriage, whose suspension system allows it to lean to either side.

The unnamed woman in her 30s was then pulled out uninjured to applause from onlookers.

THE ASSOCIATED PRESS



Passengers push on a train to free a trapped woman. THE ASSOCIATED PRESS

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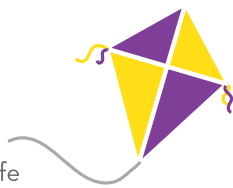


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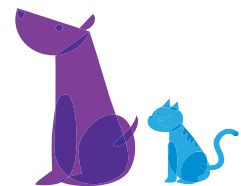


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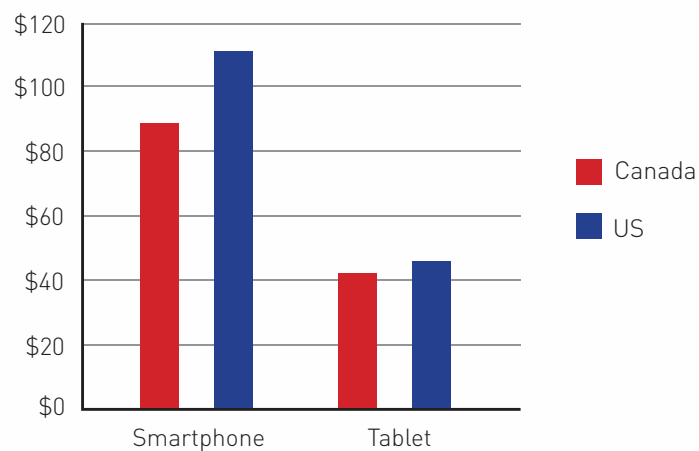
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DID YOU KNOW?

FACT:

Using the most popular smartphones and tablets costs less per month in Canada than in the US.¹



Source:

(1) As of July 17, 2013, based on rates for similar packages published by the three largest Canadian and two largest US carriers for the following devices: Samsung Galaxy S4, iPhone, BlackBerry Z10, Samsung Galaxy Tab, and iPad.

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Jailed Femen member fights new charges



Amina Sboui sits in the Msaken court near Tunis Monday. THE ASSOCIATED PRESS

Amina Sboui. Defence for 19-year-old argues charges fabricated by those mistreating inmates

An imprisoned Tunisian member of the Ukrainian women's group Femen told a court Monday, in her de-

fence against new charges of insulting and defaming a civil servant, that she intervened after witnessing prison guards mistreating a fellow inmate.

Amina Sboui, 19, shocked Tunisians in March by posting topless photos of herself online to denounce the mistreatment of women in her country. She was later arrested on May 19 for scrawl-

Quoted

"To be behind bars is not as hard as to be outside watching a religious dictatorship take over Tunisia."

Amina Sboui

ing the name of the group on the wall of a cemetery in

the Tunisian city of Kairouan, where ultraconservative Muslims had planned an annual conference.

Sboui told the judges at the Msaken court that guards were beating another inmate in the Messadines women's prison where she is being held and she attempted to stop them. The verdict on those charges is expected on July 29. THE ASSOCIATED PRESS

Nazi-themed café

Owner bows to pressure, won't reopen café

The owner of a Nazi-themed café in central Indonesia said Monday he has decided to permanently close down amid intense pressure from home and abroad.

Henry Mulyana, who opened the Soldatenkaffee in the West Java provincial capital of Bandung in 2011, said he is considering his options, but will not reopen the café. THE ASSOCIATED PRESS

Massacre in Norway

Victims of bomb, shooting attacks remembered

Norway on Monday marked the second anniversary of the terror acts that killed 77 people.

Far-right fanatic Anders Behring Breivik has confessed to the July 22, 2011, attacks in which eight people died in a bombing at the government headquarters and 69 others in a shooting spree at the Labour Party's youth camp on Utøya island. THE ASSOCIATED PRESS



Open letter: 100 pop stars plead for Pussy Riot parole

More than 100 leading musicians are calling for the release of jailed members of the Russian punk group Pussy Riot, from left, Maria Alekhina, Yekaterina Samutsevich and Nadezhda Tolokonnikova, seen here in a glass cage at a court in Moscow in October last year. Amnesty International said Monday that Adele, U2, Madonna, Yoko Ono, Radiohead, Patti Smith, Bruce Springsteen, Ke\$ha, Sir Paul McCartney and Sting were among those who signed an open letter organized by the group. SERGEY PONOMAREV/THE ASSOCIATED PRESS FILE

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Girl's legacy will renew child welfare: Foster mom

Phoenix Sinclair.
Must find meaning in
killing of five-year-old,
woman tells inquiry

The woman who was called "nana-mom" by a Manitoba girl who was bounced in and out of foster care before she was murdered says the five-year-old's death cannot be in vain.

Kim Edwards, who looked after Phoenix Sinclair during part of her short life, told an inquiry that "her legacy will renew the child-welfare system."

All children are entitled to protection, but the same privilege shouldn't be given to the social workers who failed Phoenix, Edwards said in her final submission on Monday.

"Our Phoenix will create a safer and better life for many

other vulnerable children," an emotional Edwards told Comm. Ted Hughes.

Hughes is examining how Phoenix slipped through the cracks and how her death went undiscovered for months.

Final submissions are scheduled to end next week. A report is expected by December.

Phoenix was killed by her mother, Samantha Kematch, and her stepfather, Karl McKay, after repeated and hor-

rific abuse. Both were convicted of first-degree murder in 2008.

The pair neglected, confined and beat Phoenix. She died of her injuries on the basement floor of the couple's home on the Fisher River reserve in 2005.

Kematch continued to collect child-subsidy cheques.

Phoenix was taken by Child and Family Services at least twice but was always returned.

THE CANADIAN PRESS



Phoenix Sinclair was killed by her mom and stepfather. HANDOUT/THE CANADIAN PRESS



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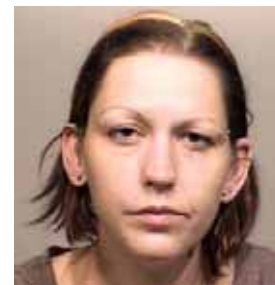
Kitchener, Ont. Daycare operator charged with poisoning two children

A 32-year-old Ontario woman who used to operate a home daycare is facing charges after police allege she poisoned two children.

Waterloo Regional Police allege the suspect gave the children an eye-care product that can cause abnormal drowsiness, low blood pressure, respiratory problems and decreased heart rates in young children.

The woman operated a home daycare in Kitchener from 2009 to 2011, and investigators are concerned there may be more alleged victims.

In March, the suspect was caring for a friend's child who was taken to hospital with "serious physical symptoms," police said. The child recovered but later had to be brought back with similar symptoms.



Christine Allen faces two counts each of aggravated assault and administering a noxious substance.

HANDOUT/WATERLOO REGIONAL POLICE SERVICE

Detectives discovered that another child who had been under the woman's care in July 2010 had similar symptoms, and recovered after a few days in hospital, police said.

THE CANADIAN PRESS

Baltimore, Md.

Judge OKs suit on accused cannibal

A lawsuit accusing a Maryland college of ignoring warning signs that a student from Kenya was violent will go forward after a judge refused Monday to dismiss it.

About a week after Alexander Kinyua attacked a visitor with a baseball bat last year, the Morgan State University student acknowledged to authorities that he killed a man staying with his family and ate the man's heart and parts of his brain.

The judge noted a great deal of bizarre behaviour over six months leading up to the beating, including Kinyua punching holes in the walls, an instructor's warning that he was a "Virginia Tech waiting to happen" and cryptic references to "blood sacrifice."

THE ASSOCIATED PRESS

Kingston, Ont.

Police seek writers of anti-gay threats

Karen Dubinsky was shocked when she opened the mail and found letters laced with homophobic slurs that said her family was not welcome in the city and they should leave "before it is too late."

"I won't say that we're not afraid," said the Queen's University professor, who lives in Kingston, Ont., with her partner, Susan Belyea, and their 13-year-old son.

"We weren't going to take them up on their offer and leave town," she said, despite the threats of violence.

Spokesman Const. Steve Koopman said the police are taking the threats "very seriously" and that they believe the writers' claim of ties to Kingston police are "absolutely, unequivocally" untrue.

THE CANADIAN PRESS

Grammatical adieu is too hard for PQ

Homme ou femme?

High school diplomas use feminine-oriented word to refer to man

C'est facile

"It's stupid. We learn this in secondary school."

Student Andréanne Graton, of Laval

The sovereigntist Parti Québécois government, which came to power at the beginning of the 2012-13 school year, has received a failing grade from its first crop of high school graduates.

The embarrassing mistake — for a party that has promised to defend and promote the French language — comes not over tuition fees or financial aid, but basic grammar. And the fault has been framed by about 130,000 teenagers who earned their diplomas.

The error was made in the standard introductory line of all certificates: "We, the undersigned, attest..."

In this case, the undersigned are Quebec Education Minister Marie Malavoy and her deputy minister, Bernard

Matte.

In French, the word "undersigned" must be modified to indicate whether those granting the diplomas are male or female. About nine months ago, according to the Journal de Montreal, Malavoy's female deputy minister was replaced by a man, and the word "undersigned" should have taken the male plural version of the word.

A government official attributed the error to a clerical oversight, but not one that the ministry is rushing to correct. The printing costs worked out to \$225,000, so the government won't reprint the diplomas en masse. Instead, it will provide a corrected copy to any student who requests one. **TORSTAR NEWS SERVICE**



Amazement is mandatory

North Korea on Monday unveiled a new rendition of the Arirang mass games, the song-and-dance ensemble that has become its most famous tourist draw. Opening night involved tens of thousands of young people singing, dancing and tumbling. North Korea has staged the mass performance off and on for more than a decade to showcase the country's history and propaganda. **WONG MAYE-E/THE ASSOCIATED PRESS**

U.S. Supreme Court

Home-schoolers to appeal for asylum

Attorneys for a pair of Christian parents who fled Germany in order to home school their children say they are preparing to ask the U.S. Supreme Court to hear the case and are working with Congress to try to change asylum law.

The Romeikes moved to Tennessee in 2008 after a

fight with German officials that led to fines totalling 7,000 euros. They say they feared their children could be taken away because the family refused to comply with a law mandating that all children attend school.

In May, the U.S. 6th Circuit Court of Appeals said the Romeikes did not meet the criteria for asylum.

Earlier this month, the court declined to revisit the issue.

THE ASSOCIATED PRESS

Guns and gangs

First lady sets sights on youth violence

Michelle Obama is highlighting a new topic: Young people and gun violence.

A meeting with high-school students from a gang-riddled neighbourhood in her hometown of Chicago earlier this year led the first lady to start framing the debate in terms of what she calls the nation's obligation



Michelle Obama
THE ASSOCIATED PRESS

to help them reach their full potential.

Obama's aides say she isn't making gun violence a new and

distinct issue for herself. She is linking it to her work encouraging young people to focus on the power of education as a force for change.

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Gamers: Couch potatoes to athletes

LoL. E-sport players who play in games like League of Legends are now eligible for the same U.S. visas that NBA and NHL players get



LUKE SIMCOE
Metro Online

Are video game players athletes? The U.S. government thinks so.

In what's being touted as a victory for competitive gaming, electronic sport players are now eligible for athlete visas allowing them to work, travel and reside in America for up to five years. The visas are the same as those given to foreign athletes in other major sports leagues, like the NBA and NHL.

The change comes at a time when e-sports in North America are transitioning from small-time hobby to big-time business.

"The ecosystem is growing by leaps and bounds," said Dustin Beck, vice-president of e-sports at Riot Games. "We're seeing an average of nearly four million fans tuning in weekly for our European and North American broadcasts and we hit 18 million unique views for our all-star finals back in May."

Riot, the company behind the popular League of Legends game and its attendant League Championship Series, was instrumental in lobbying for the visa changes.

"For it to be legitimized in the eyes of the U.S. government is a huge milestone for the pros and the sport," Beck said.

Prior to the change, foreign gamers would often face delays at the border or be refused entry all-together, sending their teammates scrambling to find replacements.

"Getting a visa was a lengthy and frustrating process," said Edmonton's Danny Le, better known by

his League of Legends handle, Shiptur.

Le was forced to miss an important competition in Las Vegas in March. When the visa changes came into effect in May, he left university, packed his bags and headed to California to live and train with his fellow Team Coast players.

"Living in the U.S. in our gaming house was mandatory in order to compete at the highest level," he said.

The government's decision has sparked significant debate over whether gamers deserve to be called athletes. On sites like GameSpot and Reddit, some commenters are worried the move will undermine established athletes.

"Without a doubt I would consider e-sports players as athletes," Le said.

"We have to remain both physically and mentally fit. We do this by eating right, exercising daily and doing proper research to be ahead of the curve."



Like real athletes, gamers have rowdy fans cheering them on at championships — like this enthusiast seen at the 2012 League of Legends championships in Los Angeles. Electronic-sport players are now eligible for athlete visas allowing them to work, travel and reside in the U.S. for up to five years. COURTESY/RIOT GAMES

Nothing's free. More unpaid interns in Canada suing for back wages

Unpaid interns agree to work free in exchange for training and job prospects, but a growing number of them say employers aren't living up to their side of the bargain.

In recent months, former interns in the U.S. have won several high-profile lawsuits for back wages, spurring a growing backlash here in Canada.

Jainna Patel, 24, a math and statistics graduate from McMaster University, filed a federal labour complaint against Bell Mobility after spending five weeks in its

Professional Management Program (PMP) in Mississauga, Ont.

In response, Human Resources Development Canada sent a letter to Bell, requesting it either pay Patel's back wages or contest the complaint she filed. The company had until July 9th to file its response.

A Bell spokesperson told Torstar News Service that their program is not only legal, but one of the best internships in the country.

In the year since Patel first filed her complaint she hasn't heard from Bell, but remains hopeful because interns across North America have been winning cases like hers.

Last month, two unpaid interns working on the Oscar-winning film Black Swan successfully sued Fox Searchlight pictures. A New York district judge ordered the film production company to pay back wages because the interns did the same work as regular employees, provided value to the company and performed low-level tasks that didn't require any specialized training. Fox is appealing the ruling.



Jainna Patel, a former intern at Bell, who put in a labour complaint. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

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Alison Martin
Vice President
Finance Canada

Not lovin' it. McDonald's profits fall short, warns of tough year ahead

McDonald's is mixing up its menu with healthier, fresher sounding items such as its chicken McWraps but not enough customers are biting.

The world's biggest hamburger chain on Monday reported a second-quarter profit that rose four per cent but fell short of Wall Street expectations. It also said July sales are expected to be relatively flat and warned of a tough year ahead, given the heightened

competition and rough economic conditions around the world.

"We don't have as much pricing power," said CEO Don Thompson, noting that it wouldn't be able to easily charge more without the risk of scaring off customers.

The company's stock fell 2.8 per cent, or \$2.76, at \$97.53. Over the past year, its stock is up 13 per cent.

THE ASSOCIATED PRESS

Hackers gained access

Developers' info possibly accessed in Apple hacking

Apple says that hackers may have gained access to personal information of software developers who make the company's apps.

Apple Inc. says its website for software developers was hacked Thursday. It's possible that some developers' names, mailing or email addresses were accessed, although other information was encrypted and can't be accessed.

THE ASSOCIATED PRESS

For the sake of the kids

Want Internet porn? In U.K. you'll have to opt in

Internet service providers in Britain will be asked to automatically block access to pornography sites unless customers opt in, Prime Minister David Cameron announced Monday.

Cameron announced the move as part of measures to stop extreme sexual images he said were "corroding childhood."

THE ASSOCIATED PRESS

Set to debut Aug. 20

U.S. news vets to lead Al-Jazeera America launch

Al-Jazeera America said Monday it will bring in a quartet of veteran U.S. television news executives, led by ABC's Kate O'Brien as president, to run the new cable news network and pinpointed Aug. 20 as the launch date.

Qatar-based Al-Jazeera, formed in 1996, has expanded quickly around the world.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
↑ 96.67¢ US (+0.21¢)

TSX
↑ 12,758.38 (+73.25)

OIL
↓ \$106.94 US (-0.93¢)

GOLD
↑ \$1,336 US (+\$43.10)

Natural gas: \$3.68 US (-0.11¢)
Dow Jones: 15,545.55 (+1.81)

WHAT ARE YOU STARING AT?

My friend and I have a code word that we use whenever we catch each other staring at someone for a prolonged period of time. It's a subtle way to notify one another that it's time to look away. This is more of a one-sided initiative, however, as I never let my gaze linger for more than a couple of seconds while she has a tendency to stare excessively.

She insists that she doesn't realize she's doing it — hence the need for a secret phrase to covertly remind her to stop being creepy — and she's certainly not the only person out there with a habitual staring problem.

As a daily public transit user, I know all about uncomfortable eye contact with strangers. It can be difficult to know where to look in a packed train or bus, which is why most of us use props — books, cellphones, perhaps even this very newspaper — in an ef-



SHE SAYS
Jessica Napier
metronews.ca

fort to avoid gazing at fellow passengers. Social norms dictate that non-stop staring should be avoided, and yet some people just can't help themselves. Whenever I catch someone looking at me I immediately feel two things: embarrassed (because I fear a stray piece of spinach must have wedged itself in between my teeth) and kind of irritated.

Staring, even if it is harmless or unintentional, has the tendency to make others feel self-conscious and objectified. Nobody wants to be eyed up and down by a stranger, but what is the appropriate response to this sort of behaviour? I've never had the audacity to react with, "Take a picture, it'll last longer," but I have thrown out a passive aggressive "Can I help you?" on a couple of occasions.

Then again, maybe this notion that everybody is con-

stantly looking at each other is all in our heads.

Earlier this year, researchers at the University of Sydney published a study on the topic of gaze perception and discovered that humans have a tendency to presume other people are staring at them, even when they aren't. And no it's not because we're a bunch of paranoid narcissists — this expectancy is actually a defence mechanism.

In primates, a lengthy direct gaze is a sign of aggression. Researchers theorize that this hostile interpretation could explain why humans are hard-wired to assume that they are being looked at in order to anticipate potential threats. It might also explain why we have an innate ability to "feel" as though someone is watching us even if we can't see them directly.

So remember, if you do come across someone worth gawking at, there's a strong chance that they are going to know about it.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

How to dress for survival



SAMS

Wetsuits to trick sharks unveiled

Australian researchers have launched a set of anti-shark wetsuits, using new expertise on the predator's eyesight to evade an attack. Scientists from University of Western Australia and designers Shark Attack Mitigation Systems (SAMS) made two types of wetsuits to protect swimmers. **METRO**

Suit yourself

- **The Elude suit.** Designed for divers and snorkelers, the blue-and-white outfit uses "disruptive colouration" camouflage, which is difficult for a shark to see.
- **The Diverter suit.** Made for surfers, the bold black-and-white striped suit mimics the colours of poisonous fish as a deterrent or repellent to sharks.

Project proves to be successful

Testing using dummies off Australia's west coast saw tiger sharks ignoring SAMS suits but targeting black wetsuits. **METRO**

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

A lot can happen in six seconds. If you're a comedian staring awkwardly into a silent audience, six seconds can feel like eternity — which is maybe why so many comedians turn to Vine to share their craft. If you've got six seconds to kill and are looking for a laugh, these comedians have your back.

Will Sasso

MadTV's Will Sasso's lemon-barfing vines have been making the rounds pretty much since Vine became a thing. But his gags aren't just lemons, as expected, there's no shortage of wrestling gags in his repertoire, too.

Reggie Watts

From personal thoughts to odd mo-

ments, the musical funnyman, recognizable for his giant hair, delivers his odd sense of humour like the weirdo, superstar he is.

Adam Goldberg

With an emphasis on the drink, Adam Goldberg's six-second vids are gold (usually in a glass, or after having drunk from a glass).



Letters

RE: Banning Chris Brown In Halifax: Would We Be Moral White Knights, Or Just Hypocrites? It's Complicated... published July 22

Last time I checked if you were a convicted criminal you were not welcome in Canada?

Plus, I don't think this punk has learned anything from beating his girlfriend at all, to listen to him he is the victim not her. Stay home Brown and join an anger management group.

mtwt posted to metronews.ca

Rodney Atkins, Axl Rose and Tommy Lee ... what do all three men have

in common with Chris Brown? First off, I would like to say all three men have performed in Halifax, N.S.

Which is great for their fans, but if we were to compare them with Chris Brown: there is not much difference.

Rodney Atkins allegedly attempted to suffocate his wife with a pillow. Axl Rose has been accused of assault and sexual battery. Tommy Lee kicked Pamela Anderson while she was holding their son Dylan. He also beat a photographer at one point.

Before anyone judges Chris Brown, and thinks he shouldn't come, they should do their research on the others who have come here.

Melanie posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca



DVD reviews



Trance

Director. Danny Boyle

Stars. James McAvoy, Vincent Cassel, Rosario Dawson

●●●●●

Genre-hopping British filmmaker Danny Boyle describes this serpentine psycho-thriller as personal therapy, a stress reliever he made while also directing last summer's Olympics opening ceremony. The stop-and-start nature of the production may account for the film's patchwork vibe. More difficult is the lack of feeling it summons for the three principal characters, played by James McAvoy, Rosario Dawson and Vincent Cassel. Trance begins as a heist picture, one in which Goya's fearsome masterpiece Witches in the Air sells for a cool \$42 million in London, before vanishing under the watch of auction official Simon (McAvoy). Then the confusion really starts, as a hypnotherapist Elizabeth (Dawson) and crook (Cassel) get involved. The problem with Trance is that Boyle and his writers want to mess with more than just Simon's brain. The story becomes twisted and unreliable to the point of being downright silly, as motivations shift and finding the missing Goya starts to seem like the furthest thing from everybody's mind.

PETER HOWELL



Lily Collins

Star of The Mortal Instruments: "(Bring) a pair of flats, because running in (high heels) has been really difficult. Oh, and Band-aids. And bring your camera. I've been taking so many photos."



Dane DeHaan

Star of The Amazing Spider-Man 2: "From what I've seen in terms of being a fan coming here, it's a lot about patience, because those are some long-ass lines."



Jamie Campbell Bower

Star of The Mortal Instruments: "Lots of water. Stay hydrated because sometimes those costumes, oh boy. I mean, you don't want to be walking around looking like Chewbacca and not have water."



Bill Hader

Stars in Cloudy with a Chance of Meatballs 2: "Don't go (laughs). Know what you like. Have specific things that you like and just go to those. And then on the way to those you'll catch glimpses of other things."

Harris isn't afraid to carve her own path

Hatchet 3.

Horror heroine bucks Hollywood convention and is content with "just being me"

CHRIS
ALEXANDER

scene@metronews.ca

Danielle Harris is really a machine disguised as a woman.

The whirling dervish of an actor began her professional journey as a child star in the '80s, starring in the back-to-back horror sequels Halloween 4 and 5 as a little girl running afoul of masked killer The Shape.

Thankfully she stepped away, grew up, and re-emerged as an intelligent, unaffected and level-headed



From Halloween to Hatchet, Danielle Harris has horror covered. HANDOUT

blend of performer and savvy businesswoman and is now a major star in the horror underground and one of the most prolific people

alive, averaging at least five pictures per annum and appearing at countless fan conventions.

Among her many credits

If you go...

Hatchet 3 will screen at Cineplex theatres across Canada on Wednesday.

this year — including Among Friends, her directorial debut — is the Adam Green-produced slice and dice Hatchet 3, opening on Wednesday as part of the Raven Banner/Cineplex theatrical horror series Sinister Cinema.

"I don't have an agent. I don't need one anymore. And I don't need to audition anymore. I can't stand auditioning. By now, people know who I am and what I can do."

"I'm happy doing my work, acting and directing and running around in my baseball hat, just being me."

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Bridezillas, it's time to go to counselling

Marriage Boot Camp.

Series draws to a close in November, but a new show will look at how memorable 'zillas are doing in their marriages

They're often drunken and controlling, weepy and abusive, but you won't have all those bridezillas to kick around come November.

The cranky grande dame of reality wedding TV, *Bridezillas* is ending its decade-long run, having morphed from a relatively sane look at stressed-out, spendy New York brides into a hit for WE tv featuring off-the-rails couples from all walks of life around the country.

As the cameras trail along a week or so before their big "I dos," these brides curse, scream and threaten, break stuff, whine for bling and sometimes get physical, usually with their spouses-to-be or overworked and unpaid bridesmaids.

But fear not fans: A spinoff, *Marriage Boot Camp: Bridezillas*, offers some sustenance as it follows five 'zilla couples from seasons past as their stretched-thin unions teeter on wacky therapeutic exercises like playing dead for one another in a coffin.

Before there were any marriages, though, there was that big day. In more than 180 episodes that included one "gay-zilla," everything goes wrong, nobody listens, vendors deserve to die and wedding vows are incomprehensible. The series finale is scheduled to air Nov. 1.

Laura Halperin came on board as an executive producer deep into the third season, rising through the ranks as a story developer once the sleepy little show focused more sharply on the negative.

"There really weren't very many wedding shows on. Now it's kind of like a wedding-palooza out there," she said. "I think that we said what we needed to say, which is sometimes the ladies take things just a little too seriously."

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Kirsten Walker, left, and her husband Seth, a couple showcased on the sixth season of the popular wedding series *Bridezillas*. THE ASSOCIATED PRESS

One Bridezilla's tale...

Alpha-bride Calisse Latta of season three did the proposing to hubby DeAndre. As her DIY wedding approached, she threatened a dress seller with a punch and a lawsuit when he gave her the wrong size for a flower girl. She fell apart when her father went missing the day before the wedding and melted down on her sister for defying her over the timing of a rehearsal just hours before the ceremony. Then the rings went missing, prompting her mad dash around town only to realize she had them all along at the church. "They don't coach you or tell you to do anything. My husband was like, 'This is all you in your natural form. You see this? This is you,'" Latta laughed. Happily married with two sons, what's the rage level these days for this bridezilla alum in Los Angeles? "I try not to get so upset or angry, but it's taken time to implement," Latta said nearly seven years after her episodes aired. And was she fairly portrayed? "Yes, unfortunately."

debate about the status of the family as a social unit, i.e. expanded definitions of what counts as a family, questions about whether the household will replace the family as a social unit, questions about how central family is as a social unit at this point in American culture," said Edwards, who wrote *The Triumph of Reality TV: The Revolution of American Television*.

Walker and husband Seth also landed on *Marriage Boot Camp*, noting at the start that they no longer slept in the same room most nights. They now have a two-year-old daughter who Walker dresses in tutus.

"I think that every bride has a bridezilla in her," she said from Dunedin, Fla.

"The people they put on *Bridezillas* just happen to maybe get a little bit crazier than some of the others in the world."

THE ASSOCIATED PRESS

all the incompetence swirling around these brides, and all the people trying to steal their limelight, and all the — gasp — fat people in their wedding parties?

Tricia Cha, now mom to two daughters in Portland, Ore., was part of the tamer freshman class on season one.

She bankrolled most of the wedding herself. The worst it got for this strong-willed decision maker, on camera at least, was a bridesmaid's dress delivered in the wrong size. Cha revelled in her gifts from Tiffany, met with her high-end photographer, toured her trendy West Village reception space she picked without her groom and eventually slipped into her

\$4,000 Richard Tyler gown with a smile on her face.

Would she sign on as a bridezilla now?

"I would not," she laughed. "I don't think the word bridezilla is one most people would like to have their name attached to."

But she felt the show fairly portrayed her union to her hubby, Jeff. "We weren't the screaming lunatics that other people were, so I don't think there was a lot of moments for us to be portrayed too differently," she said.

Enter Melissa Adams Moore of season seven. Her tipsy exit-interview advice after the wedding went like this: "This (expletive) is not worth it. Don't

do this (same expletive). I love you. We're married. So beautiful. Tear. Don't do it."

But before those sage words, she threatened to gouge out her mother's eyes and strangle and eat her cake designer. Not satiated by their 15 minutes of reality fame, this bridezilla and husband Chris re-upped for this year's *Marriage Boot Camp*, acknowledging trust issues and other relationship troubles. The first season of the spinoff finishes up July 26.

"I would have rather eloped in Vegas," Adams Moore said from Daytona Beach, Fla., of their stint on *Bridezillas*.

"It's not really worth it. You take so long to plan for months and months and months for

this one day and nothing is ever going to go exactly how you want it. It was too much stress and drama and dependence on people."

Hence the heavy drinking for so many bridezillas. Kirsten Walker of season six was among the thirsty. She was a theatre actor before hitting the show and demonstrating Oscar-worthy drama, warring with her band, lamenting tearfully that her dress had been cut too short and sobbing. "My tan is running" on her wedding day.

Leigh Edwards, a professor at Florida State University in Tallahassee, said *Bridezillas* and their TV kin put a tangle of cultural anxieties on the line.

"At stake is a larger cultural



Selena Gomez ALL PHOTOS GETTY IMAGES

Single Selena learned lessons of love in the limelight

Selena Gomez, who turned 21 Monday, confirms in an interview with Ryan Seacrest for an E! special that she and Justin Bieber are not together — at the moment — but that the in-the-spotlight relationship taught her a number of things. “I learned a lot. I learned that I should definitely keep it way more private next time,” she says, adding that “honesty” is the

main thing she looks for in a man. “Egos turn me off, big time. I mean, it’s hard to just date in this industry, it really is, because it doesn’t have to be anything serious, it can just be something fun — and it should be because I’m young — but you can’t really help the people that you meet or that you fall in love with or that you want to date.”

Row, row, Rowland your boat, not so gently down the stream



Kelly Rowland

Kelly Rowland’s fun day-trip whale-watching off the coast of Provincetown, Mass., turned into quite the ordeal when the singer and her party ended up lost at sea for 12 hours before being rescued by the Coast Guard, according to CBS News. The captain of the private vessel reportedly became “disoriented in the five-to-

six-foot waves and fog that had rolled in,” a source says. The boat was located by the Coast Guard and was being escorted back when it broke down and had to be towed the remaining four miles to shore. An employee of the towboat company says the passengers were “tired and thankful” and “just wanted to get off the boat.”

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Hungry, hungry Harry: Disappearing Daniel worries weight-watching fans



THE WORD
Dorothy Robinson
scene@metronews.ca

Daniel Radcliffe’s recent gaunt, exhausted appearance has fans worried, but his rep insists it’s all work-related, telling Yahoo’s omg! that Radcliffe’s current stint in *The Cripple of Inishmaan* on stage in London “is a very demanding role, physically.” But the toll the show, and the summer weather,

have been taking on the Harry Potter star haven’t stopped him from tending to his fans.

“At every night’s performance there is a large crowd at the stage door, and he takes the time to sign autographs and pose for pictures at length,” his rep adds, “regardless of the extreme London heat wave.”

You know, if this were any other star, I’d say something like: “The heat wave here isn’t getting me into a size six, what is going on with Daniel (cough, drugs, cough)?” But it’s Daniel Radcliffe! No way! He’s just going to look sickly and we will accept the reason his publicist gives us.

And this, my friends, has never happened before in this column. Is the birth of the Royal Baby making me mushy toward all things British?

Billy Ray and belle resolve to heal achy breaky hearts



Billy Ray Cyrus

Billy Ray Cyrus and his wife, Tish, are calling off their divorce, a source close to the couple confirms to E! News. “I spoke to Tish and she told me they both woke up and realized they love each other and decided they want to stay together,” the source says. “They went into (couples) therapy with the goal of divorcing in a way that was healthy for the children but ended up coming out of it with the realization that they in fact want to stay together. Tish sounds happy and energized about having this fresh start.”

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Best Health

Staying hydrated in summer — continued



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the Summer issue of Best Health we feature an article by one of our columnists, registered dietitian Sue Mah. She talks about the importance of getting enough fluids, especially in the hot summer months when we sweat more. But, as we talked about last week, not all drinks are created equal.

Healthy choices

In addition to water, coconut water and vitamin-enhanced waters, here are some other options:

Lower-fat milk

It has lots of essential nutrients. One cup of one per cent milk has calcium, vitamin D, magnesium and phosphorus.

Vegetable juice

These typically have one full serving of veggies, and fewer calories than fruit juice.

Not-so-healthy choices

Here is one you might want to limit:

Sports drinks

A bottle of a sports drink like Gatorade contains 150 calories and 35 grams of sugar. It also has 270 mg of sodium. Try one of the calorie-reduced versions.

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The bitter truth about sweeteners

Debate. Have a sweet tooth but don't know what's best (or worse): fake sugar or real? Here's the lowdown on the popular sweeteners

MICHELLE CASTILLO
life@metronews.ca

Want to know what sweeteners are good for you? Metro breaks down the benefits and drawbacks of the most common kinds.

Sugar

Natural, yes, but "added sugars" (which also include simple sugars like honey and brown sugar) was recently put on the American Heart Association's (AHA) black list of items that were detrimental to heart health.

"The best rule of thumb is to start with an unsweetened food and add just a touch of sweetener yourself," nutritionist Dr. Janet Brill explains. "For example, try unsweetened iced tea or plain, non-fat yogurt and add in a touch of your sweetener of choice."

Aspartame

One way to avoid added sugars is to use an artificial sweetener. Aspartame is made up of methanol, phenylalanine and aspartic



Get to know what you're putting in your body. ISTOCK PHOTOS

acid, and is 200 times sweeter than sugar, says Brill. Brand names of the product include Nutrasweet and Equal. As an added bonus, it is calorie-free.

While the U.S. Food and Drug Administration and the European Food Safety Authority have said it is safe for human consumption, some research has cast doubt on its long-term safety.

Malitol and sorbitol

These artificial sweeteners are sugar alcohols. They are not completely absorbed in the body, which means that the body takes in less calories than when you consume regular sugar, Brill explains.

However, they can cause several gastrointestinal side effects. "Most 'sugar free' or 'diet' foods are made with one of

these sweeteners, which is exactly why when you eat those foods you are more gassy and bloated," says celebrity nutritionist Mark Macdonald, author of New York Times-best-seller Body Confidence.

"Your body cannot metabolize fake sugars. There has been many other health and digestive challenges reported with these fake sugars, so you are always better to use the healthy sweeteners to sweeten up your food."

Agave nectar

Agave nectar is a natural sweetener made from the same plant that they use to make tequila. It ranks low on the glycemic index, which means it does not raise blood sugar levels rapidly.

However, this may be due

to the fact it is hard for the body to process because it is a form of fructose, chemically similar to high fructose corn syrup.

Though it contains some additional minerals, it is in too low quantities to make a significant difference.

Stevia

Stevia is a natural sweetener made from a South American plant that has been used for hundreds of years.

"Stevia is the healthiest low cal sweetener on the market, so that is what I recommend most," Macdonald pointed out.

However, recent research shows that stevia may not lower blood sugar levels and could negatively affect blood sugar control in diabetics.

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Rocky Mountain Cheesecake: the scenic route for taste buds

These individual party-in-your-mouth Rocky Mountain Cheesecakes are perfect when you want a controlled portion of dessert. The water bath keeps the cheesecakes smooth and silky tasting.

1. Preheat the oven to 350 F. Line a 12-cup muffin tin with paper liners.

2. Combine the ricotta, cream cheese, sour cream, egg, sugar, cocoa and flour in a food processor. Purée until smooth. Divide the mixture among the prepared muffin cups.

3. Set the muffin tin in a larger pan. Pour enough hot water into the pan to come halfway up the sides of the muffin cups.

4. Bake in centre of oven 20 minutes. Remove and sprinkle marshmallows and chocolate chips evenly over the cheesecakes. Return to the oven and bake for 5 minutes longer, or until the marshmallows and chocolate chips begin to melt.

5. Remove the muffin tin from the water bath and cool on a rack. Chill well before removing the paper liners and serving. **ROSE REISMAN**

Ingredients

- 1 3/4 cups smooth ricotta
- 1/2 cup light cream cheese, softened
- 1/2 cup low-fat sour cream
- 1 egg
- 3/4 cup granulated sugar
- 3 tbsp unsweetened cocoa

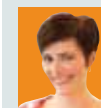
- powder
- 1 1/2 tbsp all-purpose flour
- 1/3 cup miniature marshmallows
- 3 tbsp mini semi-sweet chocolate chips



This recipe serves 12. **ROSE REISMAN**

Health Solutions

Melt in your mouth sweets



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

There is nothing like a great dessert to end a perfect meal ... but, what happens in the summer?

Baking just isn't in the cards for many people.

Frozen desserts are your perfect solution and granita is way easier than ice cream.

The bonus is that you can use just about any fruit that may be a little too ripe to enjoy and impress guests.

Only you will know that all you needed was a metal cake pan and a fork.

The trick with granita is to make

sure you're breaking up the ice as it freezes.

- 1 cup of simple syrup (Note: To make "simple syrup" boil 1 cup of water and 2 cups of sugar until dissolved. Let cool.)

- 1 cup of puréed fruit

1. In a blender, whiz together simple syrup and any ripe fruit.

2. Pour into a metal pan and freeze. Scrape crystals as they form every hour or two.

3. Serve in individual champagne or martini glasses as a treat, dessert or palate cleanser at a summer barbecue.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



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Male survey results are in: pre-stalking prospective partners all the rage

Askmen.com recently announced the results of its Great Male Survey conducted in Canada, the United States, Australia and the United Kingdom.

The survey covered a number of topics, including dating and sex; health; politics; entertainment; fashion; career/business; and technology.

Here is a look at some of the Canadian dating and sex results from the survey.

- 36 per cent believe a sense of loyalty is the most important trait for deciding if a woman is "relationship material".

- 74 per cent would not cheat on their partner, even if there was no chance of them finding out.

- 68 per cent of respondents would lie to their partner to

Manly man

Thirty-eight per cent of respondents believe Vladimir Putin is the manliest political figure (over Barack Obama, Bill Clinton, Paul Ryan and Kim Jong-un).



avoid an argument.

- 52 per cent of respondents would dump their partner if they gained a significant

amount of weight.

- If they could change one thing, 23 per cent of respondents would change their partner's nagging.

- 37 per cent of respondents believe women start losing their looks at 40 years of age.

- 76 per cent would pre-stalk a prospective partner.

- 84 per cent of respondents answered no when asked if they've ever said, "I love you" just for sex.

- 71 per cent of respondents fantasize about a partner's friend.

- 53 per cent of respondents have never been tested for STDs.

FOR MORE RESULTS, CHECK OUT ASK-MEN.COM. METRO

Dinner party etiquette



It is never OK to leave your cellphone on the dinner table. ISTOCK IMAGES

Hold the phone!



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Conundrum

You are going out to an important formal dinner at your boss's home. Your four-year-old child is home sick with a temperature and has a babysitter.

Is it reasonable for you

to keep your cellphone on the dinner table to take any texts or calls that may come in from the babysitter, even if the babysitter is a mom herself who has babysat for you many times before?

Answer

It is never OK to leave your cellphone on the dinner table. Firstly if you are worried that your child is that sick, then perhaps it might be better to stay home and take care of him yourself.

Secondly, if you must go out and anticipate a call, first inform your hostess

in private of the situation, secondly keep your cellphone on vibrate and in your pocket or lap. In the event that it does ring, excuse yourself from the table (don't explain why, just a simple "excuse me") and leave the dining room before taking the call. If the situation is serious, then return to the dining room and politely whisper into the hostess's ear that you must excuse yourself and return home at once.

Remember to send a note of apology the following day, and include how your child is doing.

Making a case to keep a cash stash



YOUR MONEY
Alison Griffiths
money@metronews.ca

I love cash. When bad things happen — lost wallet, power outage and credit or debit card terminal woes — a secret cash stash rules.

Here's a case in point. My youngest daughter had a fraudulent charge on her credit card. She caught it and got a new card. However, she now appears to be on a high-risk watch list and any "odd" transaction triggers a block. On a recent trip to the U.S. her card was declined while trying to fill up her car to drive back to Canada.

Luckily, she occasionally listens to her mom and had an emergency \$100 stashed in her car.

At home and everywhere you go some cash should be available. And I don't mean through ATM machines. They can run out of bills, break down or be felled by a power outage as happened during the recent floods in Alberta and Greater Toronto.

At home, I recommend



Keep a few hundred dollars in cash at home. You never know when you'll need some money in an emergency. ISTOCK IMAGES

singles have around \$200 cash while families should aim for at least \$100 per person. Yes, someone could break in and find the dough

under your mattress. But the risk is small compared to the inconvenience of being stuck without money in an emergency.

During holidays or business trips, you should have sufficient funds available for at least one night at a hotel plus meals. Sure, there

are emergency replacement services available, but you can't always contact the credit card company and a couple of days might pass

In numbers

\$1,100

What Brad Pitt keeps in his wallet, from People Magazine.

before the replacement arrives.

During Hurricane Sandy friends were forced to stay an extra three days in Virginia with no cellphone service and the single ATM at the local one-horse town was on the fritz. Fortunately, they had \$500 cash and were comfortably able to wait out the storm. Kids also need to be made aware of the emergency cash. A note and receipt for any money used is a good plan. Granted, a stash can be tempting.

When my oldest daughter was in high school she cleaned out the teapot and bought pizza, movies and taxi rides for a bunch of friends. She paid it back, with interest, and never went near it again — except for real emergencies.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca





Silver sky-lining in Spain

Roseline Fillion, left, and Meaghan Benfeito, of Canada, perform a dive during the 10-metre platform final at the FINA world championships on Monday in Barcelona. The pair finished with 331.41 points to take silver behind China's Chen Ruolin and Liu Huixia, who accumulated an unassailable 356.38 points. Malaysia's Pandelega Rinong and Mun Yee Leong were 0.27 points behind Montreal's Benfeito and Laval, Que., native Fillion to claim bronze. MICHAEL SOHN/THE ASSOCIATED PRESS

Braun bites the bullet

MLB. Brewers star accepts penalty for violating baseball's drug program

Former National League MVP Ryan Braun was suspended without pay for the rest of the season and the post-season Monday in the first penalty following Major League Baseball's investigation of the Florida clinic accused of distributing performance-enhancing drugs.

Braun accepted the penalty. "I am not perfect. I realize now that I have made some mistakes. I am willing to accept the consequences of those ac-

Costly 'mistakes'

\$3M

Ryan Braun will miss the Brewers' final 65 games, costing him about \$3 million of his \$8.5-million salary.

tions," he said in a statement.

MLB attempted to suspend Braun for a positive drug test after the 2011 season, but an arbitrator overturned the penalty because the star's urine sample was not handled as specified by baseball's drug agreement.

Braun, Yankees star Alex Rodriguez and more than a dozen players were targeted by MLB following a report by

Miami New Times in January that they had been connected with Biogenesis of America, a now-closed anti-aging clinic.

Commissioner Bud Selig announced the penalty, citing Braun for multiple unspecified "violations" of baseball's drug program and labour contract.

"We commend Ryan Braun for taking responsibility for his past actions," said Rob Manfred, MLB's executive vice-president for economics and league affairs. "We all agree that it is in the best interests of the game to resolve this matter. When Ryan returns, we look forward to him making positive contributions to Major League Baseball, both on and off the field."

THE ASSOCIATED PRESS



Ryan Braun, the 2011 NL MVP, won't appeal his ban for violating MLB's drug program. GETTY IMAGES

Olympics. Speed a priority for Stevie Y on larger Sochi ice surfaces



Sidney Crosby will try to lead Canada to a second straight Olympic gold next March in Sochi, Russia. GETTY IMAGES FILE

Sidney Crosby and Jonathan Toews lead a list of 47 players invited to a summer orientation camp for the Canadian men's Olympic hockey team.

The camp in Calgary runs from Aug. 25 to 28 and will begin the process of selecting the 25 players who will play for Canada at the 2014 Winter Games in Sochi, Russia.

Crosby and Toews are among 15 invitees who

helped Canada win gold at the 2010 Games in Vancouver. The others are goalie Roberto Luongo, defencemen Dan Boyle, Drew Doughty, Duncan Keith, Brent Seabrook and Shea Weber, and forwards Patrice Bergeron, Corey Perry, Ryan Getzlaf, Rick Nash, Mike Richards, Eric Staal and Joe Thornton.

Team executive director Steve Yzerman said being

Camp-bound Oilers

Edmonton Oilers forwards Jordan Eberle, from Regina, and Taylor Hall, from Kingston, Ont., were among the Team Canada invitees.

mobile on the larger international ice surface in Sochi will be key.

"Ultimately, we'll pick the best players available to us, but playing on a bigger ice surface, I believe there is a priority on being able to skate," Yzerman said on a conference call. "That will weigh into our final decisions on putting this team together."

"There will be more of a premium placed on skating." THE CANADIAN PRESS

MLB

Cubs ship Garza to Arlington

The Texas Rangers finally have Matt Garza in their starting rotation.

Texas acquired Garza from the Chicago Cubs in a trade completed Monday, just more than a week before the July 31 non-waiver trading deadline and several days after it initially appeared the two teams had a deal done.

The 29-year-old right-hander will provide a boost to a Rangers starting rotation plagued by injuries.

THE ASSOCIATED PRESS



Reports say Matt Garza has been traded from the struggling Cubs in the NL to the contending Rangers in the AL. GETTY IMAGES

CFL

Punter Dales no longer an Eskimo

The Edmonton Eskimos released non-import punter Burke Dales on Monday.

Dales signed with Edmonton as a free agent in February 2012 but suffered a foot injury in September and missed the rest of the season.

In nine games with the Eskimos in 2012, the Concordia product punted 58 times for 2,739 yards and six singles.

The nine-year CFL veteran began his career in Calgary after signing as a free agent in 2005. In seven seasons with the Stampeders, Dales recorded 757 punts for 34,522 yards and 45 singles.

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

You have sacrificed a lot of late and no doubt feel you are entitled to something in return — and you're right. Decide what you want then reach out and take it.

Taurus

April 21 - May 21

The conditions you find yourself in are largely of your own making. If you want to change things, the effort must come from you. Loved ones will help but only if you ask.

Gemini

May 22 - June 21

The Sun's change of signs means you would like nothing better than to forget about serious things and have fun. So why don't you? Life is too short to waste even one day doing what you don't enjoy.

Cancer

June 22 - July 23

You have something important to deal with and although the Sun has moved out of your sign, Mars and Jupiter will give you all the energy and enthusiasm you need to sort it out.

Leo

July 24 - Aug. 23

As the Sun begins its transit of your birth sign, you can afford to be more adventurous. By all means, weigh up the pros and cons but don't let fear or other people's disapproval hold you back. Go for it.

Virgo

Aug. 24 - Sept. 23

You may have to put others' needs ahead of your own but if you stand back and see the bigger picture, you'll realize you are helping yourself as well. Everyone benefits.

Libra

Sept. 24 - Oct. 23

If you have made a mistake then admit it. It's really no big deal. Everyone does something silly once in a while, so make light of it and then move on.

Scorpio

Oct. 24 - Nov. 22

The next few days will be productive, especially on the work front where you will find favour with important people. The most important thing is that you have a clear mental image of your long-term goal.

Sagittarius

Nov. 23 - Dec. 21

If someone has displeased you then you must let them know. You may be forgiving by nature but if you let them get away with it, they may think they can do it again.

Capricorn

Dec. 22 - Jan. 20

Don't waste time on people who refuse to play by the rules. Either come down on them hard or cut them out altogether. It doesn't matter which approach you choose as long as you mean it.

Aquarius

Jan. 21 - Feb. 19

A dispute will disturb your peace of mind today and you must deal with it before it gets out of hand. This is a great time for affairs of the heart. Don't let anything spoil it.

Pisces

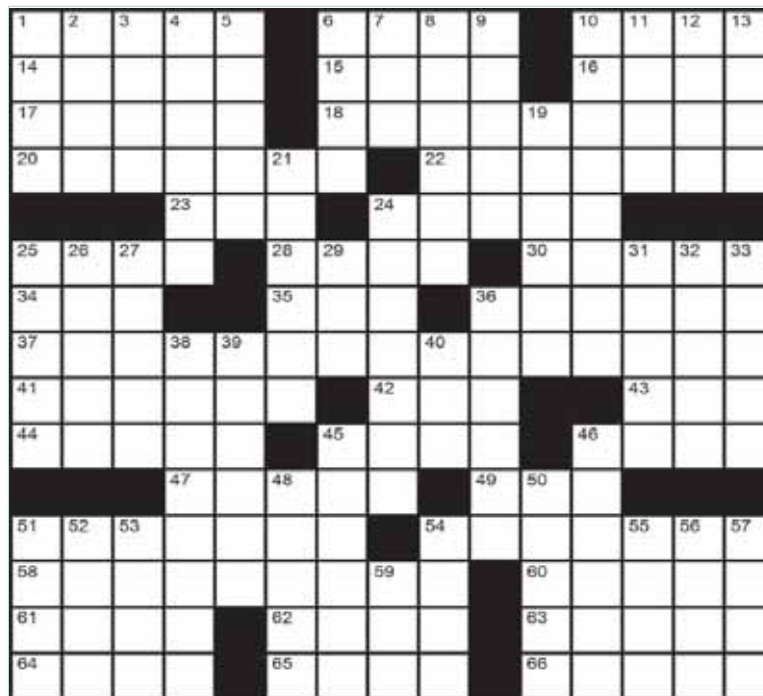
Feb. 20 - March 20

If you push yourself harder than usual today, you will get more done. But don't risk hurting yourself physically. Nothing is more important than your wellbeing, not even success. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. "La __ Nikita"
6. Suzanne Vega song
10. Fashion designer, L'__ Scott
14. Manner of speaking
15. "Up and __ ' __!" (Rise and shine!)
16. Digger's creation
17. Italian luxury brand
18. Locale of Acadia University in Nova Scotia
20. Juno-winning Hamilton band
22. Quickly fried
23. __ bread
24. Country music's Mr. Haggard
25. Mend the mitten
28. "Or so __ say." (Apparently)
30. Run after
34. Veggie of Japan
35. Canuck band, __ 41
36. Prison guard in ye olden times
37. The Potato Eaters, for one: 3 wds.
41. Brendan Fraser comedy, " __ Man" (1992)
42. Selfish sort
43. Dove's sound
44. diy Network implements
45. Boxing locale
46. Mr. Frobe who played the title role in James Bond movie "Goldfinger" (1964)



47. Shoe's strings
49. Worcestershire sauce brand, __ & Perrins
51. Stars: French
54. BC city
58. "Lovers in a __ Time" by Bruce Cockburn
60. Loathing
61. Prefix to 'gon'

- (Eight-sided shape)
62. Ms. Bombeck
63. Al __ (Pasta-cooking consistency)
64. NASA target in 1969
65. 'Trick' suffix
66. Door sign

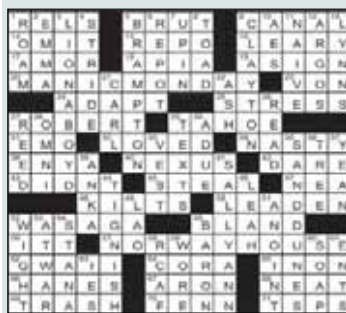
Down

1. Soccer org.
2. Broadway star Linda
3. Weasel relative
4. New
5. 19th-century poet Ms. Dickinson
6. Rules
7. __-Aztec languages

8. Actor Mr. Grammer
9. Intl. AIDS research foundation
10. Red Rider song: 2 wds.
11. Auditor's hope
12. French pronoun
13. Require
19. Alberta town
21. The Cars hit: 2

24. City of ancient Egypt
25. Comforter
26. A Bell for __ (John Hersey Pulitzer-winning novel)
27. Gadgets brand in vintage TV ads
29. "Er, what's that?"
31. Set-in-a-diner TV series
32. Mister: Spanish
33. Grain fungus
36. Little laugh
38. Island-dwelling TV guy
39. Store items, at times: 2 wds.
40. Get an ' __' (Score better than B+)
45. Ritzy retreat
46. Do yard work
48. Roman goddess of agriculture
50. Wear away
51. Ancient Dead Sea land
52. Restaurant chain, __ Bell
53. Particular preposition
54. Bolshevik-opposed ruler
55. The Turtles tune: "It __ Me Babe"
56. Adorable
57. 'E' in EMT, for short
59. Apricot-like Japanese fruit

Yesterday's Crossword

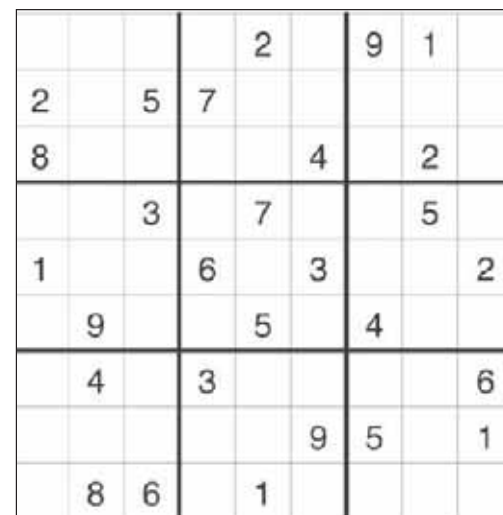


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 19°
MIN: 14°

WEDNESDAY



MAX: 22°
MIN: 13°

THURSDAY



MAX: 24°
MIN: 13°



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